



Reacting to the climate crisis:  
a personal perspective and  
suggestions on what to do about it

# Mood

Optimistic  
Positive  
In control

Pessimistic  
Scared  
Why bother?

Carry on as normal  
Effects are long term  
Governments will sort  
Technology will sort

**Start taking  
an interest in  
climate change**

Read some facts  
Denial/can't be that bad  
Head in the sand

Read further facts

Start to realise  
how serious it is

Start to worry about  
children/grandchildren

Despair at the human race  
What can I do?  
Give up  
Anger and frustration

Have to do something for my children &  
grandchildren  
(‘what did you do about climate change Grandad?’)

Turn anger and despair into  
**ACTION** and slowly take some  
responsibility for my carbon emissions

I’m doing something  
and if most of us did  
it **WILL** make a difference  
(like vaccination)

Communicate  
and inform others



# Time



# Mitigation

“the act of reducing the severity, seriousness or painfulness of something”

How do we help reduce carbon emissions?

Examples of cheap/low cost actions:

1. Reduce meat consumption/buy local
2. Reduce travel by car & especially planes
3. Add insulation to your house
4. Reduce food waste
5. Switch electricity to renewable supplier
6. Use an induction hob (Ambiano £30 from Aldi sits on my gas hob!)
7. Consume less – re-use, repair, refill, resist fashion.





# Mitigation (cont..)

If you have money to invest and not too worried about a quick pay-back (you are helping your children/grand children after all!), consider:

Solar panels + battery system,  
Heat pump to replace (or supplement) your gas boiler, solar hot water system, an Electric car. Talk to residents on their stands who have done some of this!

Come along to the Climate Advice Hub!



# Adaptation:

“the action of adapting (to climate change)”

Reducing the severity of climate change impacts on biodiversity by giving nature a helping hand.

We can all do our bit: for example by making our gardens and open spaces more wildlife friendly. See what we are doing to make Martlesham a ‘wildlife friendly village’ and join in!

